2Beef&Noodles300

Number of Servings: 300 (165.33 g per serving)

Preparation Time: StartDayBefore   Cook Time: Cook Temperature:
Pan Size: Cook Method:

Amount	Measure	Ingredient
39.00	lb	Beef, stew meat, lean, ckd
18.00	lb	Pasta, egg noodles, enrich, dry
1/4	cup	Salt, table
6.00	cup	Margarine, soft, safflower oil
6.00	cup	Onion, white, fresh, chpd
9.00	cup	Flour, all purpose, white, bleached, enrich
5 1/4	gal	Broth, beef, 99% fat free, rducd sod, cnd

Nutrients per serving

Nutrition Facts

Serving Size (165g)
Servings Per Container

Amount Per Serving

Calories 290   Calories from Fat 100

	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 85mg	**28%**
Sodium 290mg	**12%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 1g	4%
Sugars 1g	
Protein 24g	

Vitamin A 4%   •   Vitamin C 0%

Calcium 2%   •   Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
    Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Cook LEAN meat in saltfree water (to form broth so it does not need to be purchased). Before using skim off and discard any fat that may have formed on the liquid.

Cook noodles in boiling water until ala dente (still slightly firm, not cooked soft).

Melt margarine in large kettle. Add onions and saute until tender. Add flour & salt. to onions. Stir until blended. Cook 5 minutes.

Add the amount of liquid (broth) from stew meat called for in recipe OR boughten, 99% fat free, reduced sodium broth gradually, stirring contantly with wire whip.

Cook until thickened. Combine beef, cooked noodles and sauce. Pour into counter pan(s). Bake at 350 degrees F for 30 minutes or until internal temperature reaches 180 degrees F.

1+ c. = 1 serving = 2 oz meat + 1+ grain serving
Serve 1+ cup with 8 oz ladle or slightly rounded 8 oz ladle
24 g CHO = 1 1/2 Carb Servings

Notes

ORDER approximately 1/3 more meat raw than called for in recipe above. For example 15# AP (raw) Lean stew meat = ~10# cooked Lean stew meat.

Defrost stew meat 2-3 days ahead or cook from frozen state.